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Summer 2013

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- ▶ OKANAGAN WOMEN ON OPRAH
- ▶ LIVING WITH CANCER
- ▶ FASHION PHOTO CONTEST

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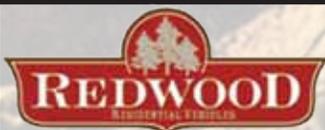
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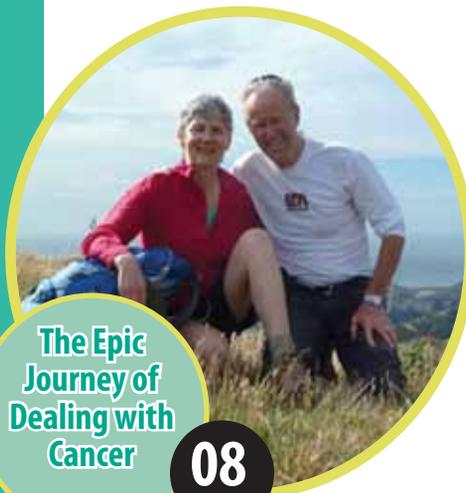
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Journey of
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First Thought

Who is an Okanagan Woman?

I am often asked who is *Okanagan Woman Magazine's* intended audience and I'm always a little surprised by the question.

"Women," I answer, "Women who live in the Okanagan."

"Yes, but affluent women? career women? city gals? rural ladies? the under 30 crowd? over 30? empty nesters?"

"Women."

That is the answer.

Plain and simple.

Women – Okanagan or otherwise – cannot be compartmentalized in such simple terms. We are complex beings, diverse in our attitudes, our experiences and our beliefs. We are young and old and somewhere in between.

I am a city girl who lives in the country. I am a career woman, an empty nester and a goat farmer. Sometimes I cry in my cereal over the bad breaks I've had; sometimes I count my blessings for having had outstanding opportunities and good luck. I feel different at different times.

I love water sports, while my best friend since childhood hates anything to do with water. That doesn't stop us from relating to each other. We're still able to find something to talk about – as is evidenced by our lengthy phone calls.

Okanagan women – like women worldwide - have varied backgrounds and realities.

And despite those differences, women can meet and connect in an instant. It is a rare woman to which I have nothing in common.

Women are emotional, yet we are the voice of reason.

Studies show that, generally speaking, there are significant differences between the male and female brains. Research says we don't behave, feel, think, or respond in the same ways.

And there is nothing like the summer season to remind us of how different we are. Case in point: A woman is considering buying a new bathing suit. Before she's even tried one on, her brain has criticized her for being too heavy or too skinny. Her brain sends the message that her breasts are sagging – even if she's only twenty years old and gravity couldn't possibly have taken its course. She hums and haws and in the end decides swimming isn't really her thing anyway.

A man is considering buying a new bathing suit. He goes to the store and buys one. End of story.



It doesn't matter if you are a career woman, a stay-at-home Mom, or a retired grandmother, you can probably relate to the bathing suit story, especially if you live in the sunny Okanagan!

Men and women are wired differently. And that is why men can't understand our issues around body image and we can't understand why they don't seem to have body image issues. It is also why women, more often than not, understand other women.

So who is *Okanagan Woman Magazine's* intended audience? Women. Plain and simple.

And, while you are reading this issue of *Okanagan Woman Magazine*, I hope you are catching a few rays (but not too many), in your brand new bathing suit. But if you couldn't talk yourself into purchasing one, I at least hope you are enjoying the read.

Wonder how other Okanagan women feel about issues? Like us on Facebook and get in on the conversation.

Okanagan Woman's Health and Wellness Guide is set to hit the streets in late July. If you would like a copy of this excellent resource, please send your mailing address to

info@okanaganwoman.com

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OKANAGAN
Woman

your letters

We received several responses to last issue's Letter to the Editor, in which the writer gave some harsh criticisms for typos and grammatical errors in the magazine. Many of you pointed out the irony of the poorly constructed letter which itself was fraught with spelling and grammatical errors. Still others agreed with the letter writer.

We are aware of our imperfections and we agree that good grammar is important. We understand that people associate grammar with credibility and correctness. We know that people judge you if you can't tell the difference between your and you're. So we will do better, but we are certain some errors will slip by our keen eyes.

We know we are under intense scrutiny and many of you will be reading with extra special attention to detail now. We are pleased to receive your feedback - positive or negative - and we are paying attention.

We were especially amused and appreciative of the letter below, which came from Rhonda Werry in Kelowna.

Hello All

I have a reply to the "Love you....Not" letter of complaint written by the women in the Spring 2013 edition.....whom was also not brave enough to put her name to her letter which I have always found a bit interesting myself.

Oh come on ...I am a retired teacher and I do believe "Me thinks the lady doth protest too much"????!!!. I can only assume,,, that you were very hungry or perhap<s had to use the washroom when you wrote your revuw because you were planelee very upset by: this atrocity to literature and the English language. I thunk just a little "heads up"## to the editor on the misspeded words and the grammer errars would have been suffictint to make your poent. I mean any time a magasine is knew there are gong to be glitches and perhapps supporting it rather then tossing it would have been a far more comstucdive aktion: Just a thot for the nxt time you decite to wite such a scathing review on futur inxcusable abomnatons!!!

There that should to give you something to chew on for awhilegive it a chance!!! They will come through for you I'm sure and please stop sucking on those lemons!

Signed

The heroine I mean heroin....oh hell I don't know!!! I've washed and shrunk my preposition and can't find my colon anywhere.... apostrophy!!...bless you

*Rhonda Werry
Kelowna*

The letter below inspired us! We are going to follow Patti and Dot around for a day, while they enjoy fabulous makeovers and a fun filled evening! Look for the story and photos in the fall issue of Okanagan Woman Magazine!

THE VALUE OF FRIENDSHIP

When I moved to Kelowna, BC in 2003, I became immersed in many volunteer activities including the Rotary Centre for the Arts. It was through this activity that I had the good fortune to meet Dot Steenwyck. Dot and I became hard and fast friends.

As I had lost an eye to cancer some years prior, dear Dot was the one to pick me up for the theatre, Lioness meetings, volunteer activities, etc. I was totally capable but Dot, being Dot, insisted and did most, if not all, the driving. Dot always remarked, "I don't know how you do what you do with one eye, I never could."

A few years later, Dot's vision began to fail and before long, she was unable to drive. The roles were now reversed and I became the "driver". The loss of vision did not stop Dot. She became involved in the CNIB and embraced a new circle of friends as she had embraced and supported me years prior. She continues to be an inspiration to those around her, having volunteered thousands of hours to those in the community less fortunate than she. Always busy helping others, Dot is a remarkable woman and admired by many. Her energy and dedication to her community set an example for those that know Dot. Loved by all who have the good fortune of knowing Dot, she is special in a very special way.

We have a standing joke. When I pick her up for shopping, her adult son asks who is picking her up. When Dot mentions my name, he states: "Four eyes are going out, but only one eye can see." With this humour, Dot has taught me so very much and I am honoured to know her.

It is because of this that I would like to plan something very special for dear Dot. I would like to plan a "makeover day" and I am hopeful to acquire sponsors that would support me in my efforts as I am a pensioner and unable to "treat" Dot this way. How nice it would be to perhaps spend the day at a spa, have our hair done, new outfits and a special evening on the town.....and then to feature our story in your magazine.

Will you please help me in my efforts?
Thank you.
Patti

Why yes, Patti! We can help! Dear readers, look for a feature story about Patti and Dot's make-over and special day in the next issue of Okanagan Woman Magazine!



I have been in the auto industry for the past 16 years and part of the Kelowna Motors sales team for the past 13. I am proud to be one of the few women working in sales in the Kelowna auto industry.

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The Epic Journey of Dealing with Cancer

The Big C - a Friend and Me by Dona Sturmanis

When I discovered what I thought was breast cancer the third week of June, 2012, I was, naturally, in shock.

The shock was not, "Why me?" One in eight women develop breast cancer. There are many speculated reasons why breast cancer happens, but the point is, it happens. The point is to deal with it, and every woman's response and journey are truly unique.

Yes, that's right. "The journey" is the preferred term these days for the trip through diagnosis and treatment, which in some cases takes a long time. At this writing in April, 2013, my journey has taken ten months and it is still not over. I know women whose journeys have taken much longer, and continue.

One of those women is my friend Claire Festel of Penticton. She's had to deal with far more than I have and has handled her journey through cancer with great strength, knowledge and positivity. Claire's been through breast cancer, multiple myeloma (cancer of the bone marrow) and colon cancer, as well as surgeries and treatments, all in less than two years. Remarkably, her prognosis is excellent. "I realized I had no control over the outcome but I could choose how I responded to my situation while it was happening. It's not what life throws at you that matters, it's how

you deal with it," says Claire. So far, I've been through the endless rounds of visiting medical specialists, the biopsies, being examined by endless space age machines, a mastectomy with



Claire reading at my fundraiser, organized by Rand Zacharias, in October 2012

lymph glands removed (the cancer had spread). Then there were four months of chemotherapy, and coming up shortly, 16 days of radiation.

I found it really hard to work for the first six months, not just because of all the medical appointments--sometimes every day of the week--but also because of my state of mind

and emotions. Yes, I thought about dying and became very depressed... and anxious.

Fortunately, I was surrounded by very supportive friends, many of whom accompanied me to appointments. One close friend, in particular, was and has been there for me every step of the way. He was at the hospital with me when I had my surgery, sat beside me while I went through my chemotherapy sessions and even organized a fundraiser at Kelowna's Summerhill Pyramid Winery for me in October. He's also done my grocery shopping and helped me with domestic tasks when I have not been feeling well.

Losing a breast didn't really affect me too much. I also got used to the loss of my hair; it becomes quite normal to tie on a colourful bandana, or pop on a knitted cap--free at the Sindi Ahluwalia Hawkins Cancer Centre for the Southern Interior in Kelowna. I was also loaned a wonderful honey-coloured wig from the Look Good Feel Better program, which

helps cancer patients to look their best while going through treatment.

I rallied in January of this year and made a decision to adopt an upbeat attitude about my situation. With the daily companionship of my particularly good friend, I gathered some exciting new freelance writing work, got out with friends I hadn't seen in a long time, ate extremely

well and even started exercising again. This positive period lasted for a couple of months. Sadly, the side effects of the last three rounds of chemotherapy caught up with me and I ended up exhausted, ill and unable to eat for a period of time.

I'm feeling somewhat better now and at least able to do some work. We'll see the effect the radiation has!

Yes, I'm concerned for my future. Naturally, I hope the cancer does not come back. I also hope I can generate enough work to make up for what I didn't earn when I was going through my cancer treatments. In fact, I went through most of my savings--I am self-employed and do not have a disability plan.

In hindsight, I wish I had adopted a different attitude when I found out I had cancer. Perhaps being more prepared for what was coming and planning how to deal with it might be one way of describing that desired state of mind. But as one friend of mine pointed out, when situations like this happen to us, we all react differently.

Claire's Story

As I mentioned earlier, I really admire my friend Claire Festel's attitude through her journey with cancer.

After a demanding hike of the Tour de Mont Blanc in Switzerland, France and Italy with her husband Ed, Claire returned to Penticton in September, 2011. Awaiting her



Dona Sturmanis

was an urgent voice mail message from the hospital--she had had a mammogram, along with various other tests before her trip. The message said she would need an ultrasound and biopsy performed. By October, it was confirmed she had breast cancer.

"When I absorbed the truth, I wanted the best possible chance of eradicating the cancer," says Claire.

First she signed up as a member of Inspire Health, which provides a holistic, integrated approach to help cancer patients. Claire then went to Vancouver for one of their programs called LIFE. "It helped me set my attitude and approach and offered practical advice and services not included in the health care plan."

After making some decisions, Claire opted to have a double mastectomy with immediate breast reconstruction, decreasing the chances of needing chemotherapy and radiation. The surgery took place in January, 2012.

"Early on, from deep within, I chose life--it was a spontaneous, complete



Claire with her new hair!

decision--whatever the outcome, I choose to live today," says Claire.

Blood tests in February, however, revealed that Claire had advanced multiple myeloma, a bone marrow cancer--unrelated to the breast cancer.

"I felt shattered. This is an orphan cancer, incurable," says Claire.

She then underwent chemotherapy for four months to bring her blood back into the range so she could undergo an autologous stem cell transplant in July, 2012.

The stem cell transplant went well. She regained stamina and is on what's called 'watchful waiting' for the multiple myeloma. That means her blood condition is monitored every three months. "During my lowest days when my body was depleted, I felt my spirit emerge," she says.

Claire thought she had returned to health. But there was more news to come. A colonoscopy in December, 2012 revealed cancer of the colon. Surgery was scheduled for January,

Dealing with Cancer

Cont'd from pg 9



Claire during her stem cell transplant

2013. "I was overwhelmed," she says. To prepare herself mentally for the procedure, and also to enjoy life, Claire and husband Ed went to New Zealand.

Now that that surgery is passed, Claire is hoping for the best. She knows she will face more in the years to come, because the multiple myeloma is incurable. "I have learned much, and I will share my experience. I have been very fortunate to come through these ordeals."



Claire, hiking the Tora Coastal Walk with husband Ed in New Zealand

Claire, an avid outdoors woman, entrepreneur and writer, says that through it all, she made health her priority but kept doing regular activities to the best of her capabilities. She travelled, walked often with friends, and created an excellent blog about her experiences (Check out clairefestel.com). Claire is also enjoying her new hair, which has grown back curly after chemotherapy.

She found the support of family, friends and even complete strangers "essential, foundational and transformational." She is particularly grateful to her husband, Ed. "He is my best friend and he was main caregiver throughout. He supported me by listening and letting me make my own decisions, by carrying the financial load, by grocery shopping for even the most obscure ingredients when nothing appealed, and by being there when that was all that mattered."

"Cancer is not a matter of winning or losing a battle," says Claire. "I see cancer as any major stressful life experience: it will certainly bring sorrow, pain and suffering but it can also bring connection, transformation and joy."

Ten Tips for Dealing with the Big C

1. Take all advised medical tests, including mammograms.
2. Do all the research you can about your particular type of cancer and treatment options.
3. Take advantage of cancer support groups and services--there's a wealth of them out there.
4. Communicate your condition to friends and family. Don't be afraid to ask for their support.
5. Be proactive with treatment options and the medical system. The system does its best, but sometimes you have to move things along and make your own informed decisions.
6. Realize your emotions will waver all over the place. This is normal.
7. You'll get all kinds of advice from friends on how to handle your cancer. Listen, but make your own choices based on your research and information from qualified medical professionals.
8. Friends, family members and other acquaintances may react differently to your news about having cancer. That is their issue, not yours. Embrace those who are supportive.
9. Remember that this is your cancer journey, not someone else's. Everyone reacts differently.
10. Choose to live in the present moment, rather than being concerned about the overall outcome.





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THE SHEFILES a profile of a woman of merit Natalie Johnston



Young Woman with a Huge Heart

by Patti Shales Lefkos

Natalie Allison Johnston is a team player. Whether collaborating with family members to choose a name for their golden retriever, conspiring with pals to dress as parts of a Rubics cube for Halloween or volunteering in Kenya with Vernon Secondary School's Global Action Program, Natalie adds enthusiasm and determination to every endeavour. Don't let her diminutive 4-foot, 11-inch stature fool you. Natalie may be petite, but she's a 17-year-old powerhouse, a force to be reckoned with.

"Our family," including younger siblings Megan 16 and Connor 13, "always operates as a team," Natalie says. "My parents are great role models of working together to get through any challenge. They taught

us that we could do anything we put our minds to."

And challenges started early. Natalie's first sport memory is of downhill skiing in Smithers. "I was two years old. Dad pointed my skis downhill and said, "let's go," she laughs. So began a varied and illustrious involvement in sports, including playing ringette from ages 6 to 13, then moving on to ice hockey from 14 to 17. During high school she represented Vernon Secondary School at provincial meets as a member of the cross-country running team, played volleyball and soccer at school, and soccer with the North Okanagan Youth Soccer League.

And, still she found time to coach community league soccer.

Photos by: Barry Hodgins



QUICK FACTS

Family Team Decision The dog's name: Hoovie (Hoover) because he eats so fast.

What People May Not Know About Me My downhill ski ability. I love to ski double black moguls all day. Aabye Road's the best.

Greatest Strength Getting the most of anything thrown my way.

Greatest Weakness Stressing out over things that don't matter.

Favourite Wake Up Music Abba or Bon Jovi

Movie Pick *She's the Man*. It proves the point girls can do anything boys can.

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"There were no girls' teams left. I got the 7-year-old boys. It was a shock at first. Then it was fun seeing what they got out of the game and how much fun they had," she says.

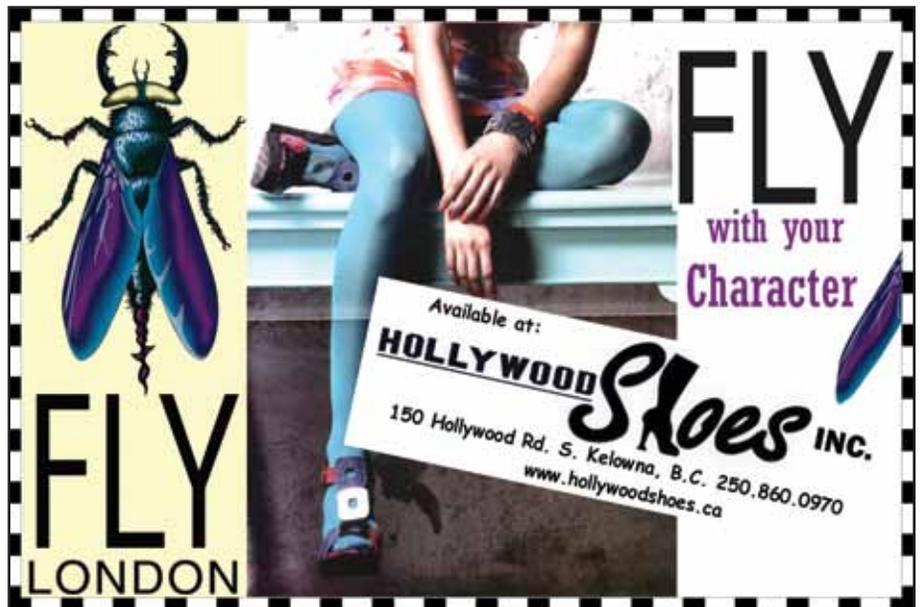
From ages 12 to 15 she somehow also found time to hit the pool, and represent Vernon in the BC Games. Her specialty? Fly. No surprise her long-term sport goal is to stay healthy and athletic for the rest of her life, as well as fitting in a marathon run or two. Doesn't hurt having active parents: mom, a teacher, plays softball and runs, while dad, a forestry worker, has a passion for downhill skiing and soccer. "He coached everything, so we could do it," Natalie says.

But life for Natalie isn't all about sports. Her consistent "A" average has earned her a spot on the principal's list every year in high school. "My 14 academic and sport friends are positive, and keep pushing me to get A's," she says.

Outgoing, positive and energetic, Natalie credits two recent life-changing experiences for her current exuberant, never-say-die attitude.

The first, a two-week summer trip after her grade ten-year to volunteer in Kenya with the VSS Global Action

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Your Link to the World

NATALIE JOHNSTON

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program coordinated by teacher Sue Egan. "Natalie took part in numerous fundraising activities and worked at Booster Juice to support the trip, then made post trip presentations to raise money for the village," says Egan. Natalie later volunteered at the Me to We Day in Vancouver. "I loved talking and playing with the kids, but it was a challenge to witness the living conditions of the locals," she says. "Kenya opened up the world for me. I forgot about being afraid. I learned to just jump in and see where it goes."

The second was her grade 11 stint in the VSS EarthQuest Program run by Barrie and Moe Reid. She says experiences like kayaking in Tofino and Saltspring Island, rock climbing, telemark skiing on the Blanket Glacier near Revelstoke and backpacking in the Cathedral Mountains were outstanding. "I learned I could pick up a kayak as easily as the boys," she says, "and I made 25 friends in the program."

What's next for this dynamic young Okanagan woman? She's off to Peru on an International Exchange sponsored by Rotary Club of Vernon, followed by an internship with Me to We, comprised of several months in Kenya or Vancouver.

Her ultimate goal is to study physiotherapy and Sports Medicine at the University of Alberta with a future career as physiotherapist for an Olympic team.

"My advice to others is to go for it," she says. "Four years ago I wasn't the person I am now. I didn't think as big. I now know opportunities are open for me."

**"My big learning?
Carpe Diem."
Seize the day.**

woman *in the Know*



I exercise regularly and watch what I eat.

Why can't I lose weight?

Weight loss is more complicated than simply eating fewer calories than you burn. Stress and, more importantly, how your body responds to stress, has a great impact on your ability to lose weight.

When we experience stress, the body releases a hormone called cortisol. Its job is to increase the supply of oxygen and nutrients to the brain, heart and muscles, allowing survival. When the stress disappears, cortisol levels should return to normal. Problems arise when stress is prolonged. Cortisol levels remain high and begin to interfere with the function of other important hormones, especially insulin and thyroid.

An imbalance of these three hormones causes the body to burn fewer calories and store fat. So long as cortisol levels remain high, the body will try to save energy and weight loss will be almost impossible.

Stress is more than just a sensation of feeling overwhelmed with life. It hides as inflammation, food sensitivities, lack of sleep, excessive exercise or dieting, undiagnosed intestinal parasites and environmental toxins.

When I see a patient who wants to lose weight, I take a thorough medical history and order a number of diagnostic tests to confirm suspected imbalances. The next step is a protocol aimed at lowering cortisol, improving intestinal health, removing inflammation and supporting detoxification of the body. Combined with regular physical activity and a healthy food plan, the body naturally returns to a healthy weight.

Dr. Christine Hatfield is a Gynecologist who specializes in Hormone Balancing and Weight Loss. She is the director of North Okanagan Women's Health in Vernon, B.C. www.nowhealth.ca

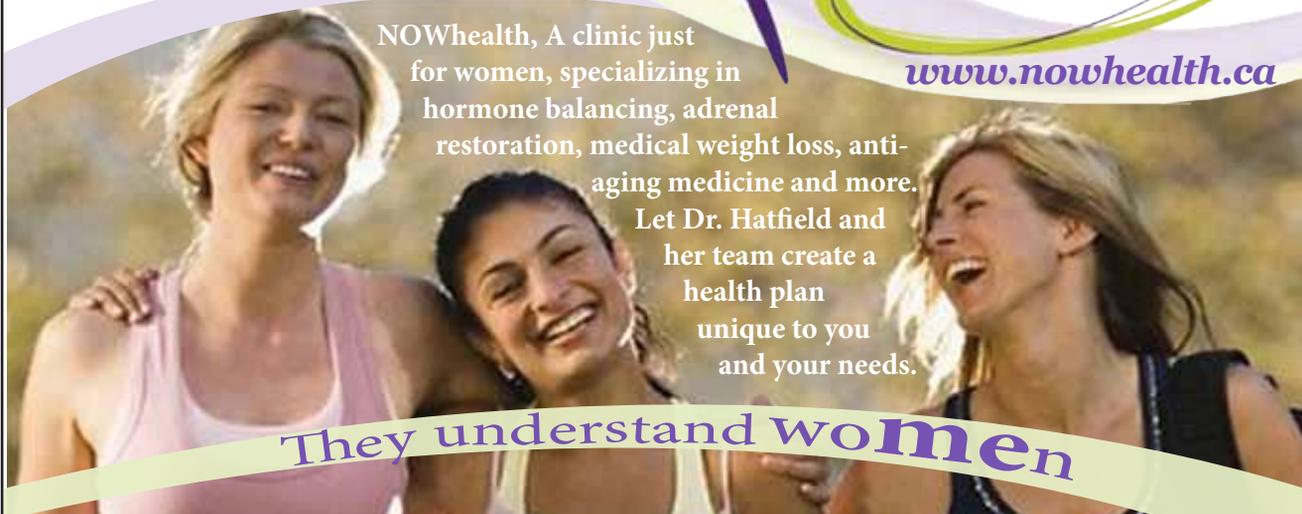
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Lise Simpson

Emma



"It's going to happen very quickly, Lise, so I need to know if you're ready", Bev said softly to me. I was pretty sure that I was ready. We had thought this through, debated it back and forth, consulted with the expert, made the tough decision. I tried my best to appear calm. I felt the need to be stoic, to appear composed and in control - not to impress Bev, but to show my seventeen year old son, who was with me, that I had myself together.

Over the past couple of days in anticipation of this moment I'd been remembering all kinds of things about our cat Emma. Like when I chose her at the SPCA some fifteen years ago, without telling the boys, and was so excited to bring her home to surprise them. Ignoring the box lined with a blanket that I had brought for her, she made the journey home clutched nervously to the top of my head. She quickly showed us that she was shy, gentle, and affectionate only to the four of us. As a playful kitten she would confound us by suddenly racing into a room at the speed of light, screeching to a halt, and then calmly sauntering away. Her favourite game was tormenting the dog. She used to sit at the top of the stairs, delicately licking her paws, while our golden retriever stood down on the landing, helplessly looking up at us, reluctant to climb the last flight of stairs. Experience had shown him the fate that awaited him. Finally he would begin his ascent, and Emma would freeze, ears twitching. She would greet his arrival at the top by rising up on her hind legs and rapidly swatting him on the nose, a skilled one-two combination that sent him sulking over to his blanket.

We take pets into our homes, into our lives, and we love them. They make us laugh so hard we cry, they comfort

us when they know we need it. They teach our children a sense of responsibility. When they grow old they show our children the importance of kindness, and patience, and caring. But the love they show back to us is truly the amazing part, and it's perhaps that unconditional love that is the best lesson of all. So after loving us so unquestionably, the very least we can do for them is assist them in leaving us if they are suffering.

Bev asked me again if I was ready, and encouraged me to speak to Emma. I spoke to her and stroked her softly, my son also stroking her, and I nodded. Dr. Out administered the injection and in less than ten seconds her head dropped gently onto our hands and she was gone. I gasped out loud through my pouring tears at the speed of it, and the gentleness of it.

If a disease begins to ravage me, destroying me and reducing my quality of life to next to nothing, it would be a blessing if I could end my life in such a gentle, appropriate way. If, as with Emma, experts had been consulted and careful tests had been done and time to reflect had been taken, and everyone who loved me was in agreement, then it would be my wish to end my life before I suffered anymore, and before those around me suffered anymore. I know there are huge religious and legal and ethical issues surrounding this, but I wish our society would begin a more profound, intense examination of end-of-life dignity.

I had very little dignity in the vet's office that day. Crying too hard to

speaking, I passed the car keys to my son and he smiled kindly at me and drove us home. Later, I thought about the kind of example I had set for him. Without a doubt, I had completely failed to demonstrate stoicism, but that's OK. I think he saw that I needed him that day, and he was there for me. And he saw that sometimes in life you have to make a tough decision and do what's right for someone else, even if it hurts you.

With sincere thanks to Dr. Gerry Out and the wonderful Bev Hamilton at the Armstrong Vet Clinic.



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photos courtesy of TDI Photography

SUMMER FASHION PHOTO FACEBOOK CONTEST

If you are a fan of *Okanagan Woman Magazine's* Facebook page, you know about our photo contest.

Okanagan Woman is a quarterly publication and our website and Facebook page provide a means to keep in touch with readers between print issues.

Sometimes we get brainwaves after the issue has gone to press - as we did in March, when we decided a photo contest could be fun. So we posted the details on Facebook and the response was phenomenal.

We received some incredible photographs. Unfortunately, we could not use them all. So, we'll run another fashion photo contest for our Fall issue. Like us on Facebook to stay informed about the theme and criteria!

For this contest, we were looking for photos that shared a sense of fashion fun or fashion drama, had a summer theme and were identifiably Okanagan. We chose images from four fabulous photographers.

Our cover shot was taken by Shaleah Priebe.
www.FlyingMangoPhotography.ca
Model: Alison Wolfe
Hair & Make-up Artist: Pamela Tycholiz,
O-Hairas the Salon
Location: Okanagan Science Centre

Pages 18 & 19
Model: Avery Murray
Make-up Artist: Stephanie Goodey
Stylist: Carmen Buchanan
Photographer: Kristal Burgess





Pages 20 & 21
Model: Ashlea Mackintosh
Make-up by Jessie
www.facebook.com/MakeupbyJessieVoss
Location: Adventure Bay Vernon
Michael Kors fashions and shoes,
provided by 104 Grey Clothing, Vernon
Photographer: Jessie Voss Photography
www.facebook.com/Jessie.Voss.Photography





Model: Avery Murray
Make-up Artist: Stephanie Goodey
Stylist: Carmen Buchanan
Location: Canoe
Photographer: Kristal Burgess



Model: Shelly Fichtner
Location: The Smith House at the Vernon
Community Music School
Photographer: Shaleah Priebe
www.FlyingMangoPhotography.ca

Model: Roxanne Garand
Hair Stylist: Alyssa Myers-Powell
Make-up Artist: Sheleah Joy Curtin
Dress designed by Jesse Stanley
Location: Overlooking Penticton
Photographer: Lisa Haywood



CANADA'S NATIONAL WOMEN'S HOCKEY TEAM TO ATTEND 2013 BOOT CAMP IN PENTICTON

The 27 players named to Canada's National Women's Hockey Team centralization roster will attend boot camp in Penticton now through June 19. The roster includes 3 goaltenders, 9 defencemen and 15 forwards. The boot camp roster also features 13 gold medalists from the 2010 Olympic Winter Games in Vancouver. Twenty-two of the centralized players also claimed the silver medal at the 2013 IIHF Ice Hockey Women's World Championship this April in Ottawa.

The purpose of boot camp is to prepare players for centralization in Calgary, Alta., starting in August, and leading up to the 2014 Olympic Winter Games in Sochi, Russia, taking place next February.

During their three weeks in Penticton, players will participate in on-and off-ice training sessions. Their training schedule during boot camp will be rigorous and will focus on their overall development as high performance athletes.

For more information on Canada's National Women's Team, please visit: www.hockeycanada.ca/nwt, or follow along through social media at www.facebook.com/hockeycanada, www.twitter.com/hockeycanada



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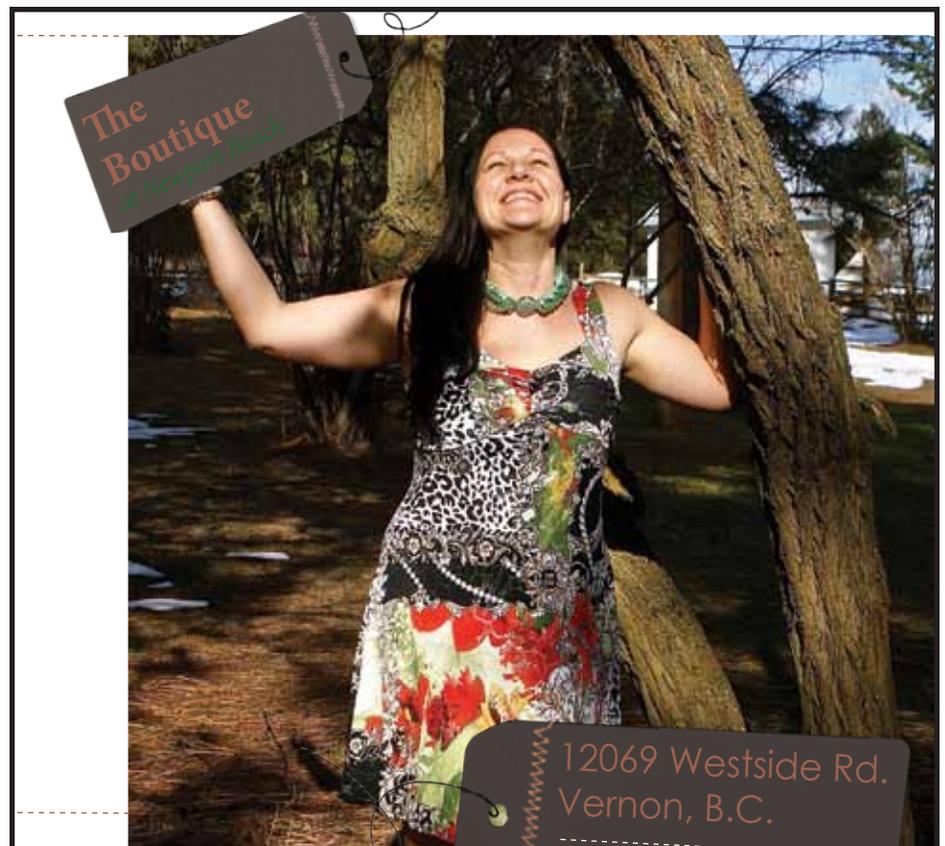
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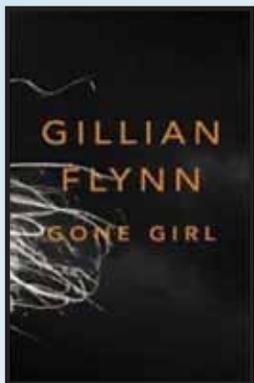
LADIES ON LITERATURE

Don't you love this time of year? We're so ready to shed the weighty cloak of winter and slip into the light of spring. The air is sweetly scented with new blossoms, their perfume tickling our senses with the promise of longer days and warmer nights.

Monthly meetings with the Ladies on Literature can only get brighter! Always resplendent with savory samplings and sumptuous sips; engaging discussion and laugh out loud fun; join us, won't you?

Log onto shannonlinden.ca to catch up on our books and take a roam through the LOL tab to meet the members. Send me an email! Let me know what you're reading and what you think.

The following three books are as diverse as we fifteen but isn't that one of the pleasures of a book club?



Gone Girl
by Gillian Flynn

This book is an absolute blockbuster and its author on fire. Sales soar in the millions and a movie deal has been signed (Flynn is writing the screenplay; Reese Witherspoon is producing).

Called one of the most critically acclaimed suspense writers of our time, Flynn wrote previous novels, *Sharp Objects* and *Dark Places* while working for *Entertainment Weekly*, but when she lost her job and turned to fiction full time, she flourished.

Not only does she weave a stunning, unexpected story, she writes with an intoxicating edginess. With its plot twists and page-flipping turns, gripping scenarios and never-sure who's being truthful bits, I could not put this book down.

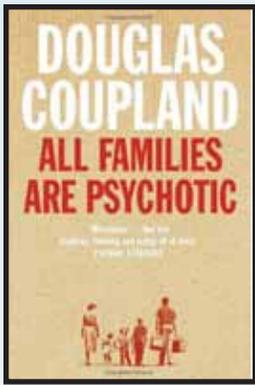
Amy Dunne disappears on the day of her fifth wedding anniversary and her husband, Nick, is the prime suspect. Nick's lack of emotion and odd obsession with the shape of his wife's head along with his insistence she was a spoiled brat, nearly impossible to live with and entirely impossible to figure out, leaves the reader doubting his innocence.

The reader is doubly unsure about charming, handsome Nick when Amazing Amy takes over the telling of the story. From the past perspective of her diary, Amy makes herself out to be a kind, generous, every loving and self-sacrificing wife. Sure the marriage has its difficulties and both unemployed writers are a little depressed, but they love one another...don't they?

A psychological thriller about a love gone wrong, it's a disturbingly entertaining read. Not all the LOL agreed: some found it uncomfortable and along with many other readers, were distressed by the unsettling ending.

Myself? I need a break, but I'll be back for more from the fabulous Flynn.

5/5 Cheers!



All Families Are Psychotic
by Douglas Copeland

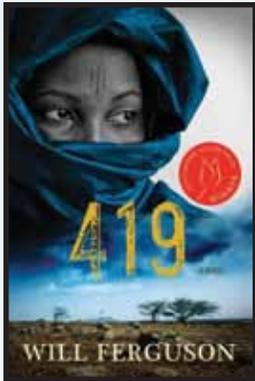
Canadian author, Douglas Copeland, has a cult following of readers who relish his brilliantly written, laugh-out loud novels—poignant and positively laden with cultural commentary and quirky characters. Generation X (his first book) was an international bestseller. The reviews of All Families, however, are quite mixed, with the LOL concurring.

Vikki's selection, we immediately giggled at the premise: the fragmented and highly dysfunctional Drummond family (just happens to be Vik's last name), reunite to see their star member—astronaut, Sarah, a thalidomide baby—launched into space.

Everyone else has made a mess of their lives but the insanity is just beginning as one disaster after another unfolds under the unforgiving Floridian sun. There are kidnappings, mothers and sons with AIDS, fathers who leave their wives for younger women (with whom sons sleep); a sadistic black market baby mill, gunfire, broken down vans and broken hearts.

It's a wild and crazy ride of a read and some members just couldn't get into it. Comments like, "It was just too weird" or "too unbelievable" pervaded, yet everyone agreed the writing is quite brilliant, the social commentary exceptional. In the end it is a humorously hopeful story about the sloppy, yet sticky, glue that bonds families.

3.5/5 Cheers!



419
by Will Ferguson

Acclaimed Canadian humorist, Will Ferguson, took a gamble when he wrote 419. A foray into the dark depths of Nigerian internet scamming, there's little room for humor in the "oil and blood drenched streets and backwaters of Nigeria."

The book opens with the death of a retired Calgary teacher who becomes distraught after draining his life savings on one of the insidious scams. The story follows the path of his daughter as she tries to unravel the truth, beginning in Canada and ending in Nigeria.

Four sub-plots follow, making the book brilliantly constructed but rather long and slightly dragged out. It is, however, exceptionally well researched and as LOL member, Kathy, commented, "I learned something about those annoyingly poorly written but emotionally laden emails I myself have received in the past."

Enlightening, to be sure, 419 isn't uplifting. No one wins in this story—except the author, who went home \$50,000 richer after claiming the 2012 Giller for his work.

This book is an eye-opener; a reminder to follow our instincts and to keep our bank accounts to ourselves; and maybe to give thanks for the first world we live in. Timely and taught with tension, the pace picks up as the story lines collide in this worth-the-read winner.

4.5 Cheers!

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ROGERS ARENA

by Shannon Linden

AN EVENING WITH OPRAH
Thursday, Jan. 24 @7:00pm

Ah-ha! Okanagan Women on Oprah Winfrey

Because of my man I got to see one of the world's most influential women.

On a dreary morning in late November my husband called me to the computer. "How'd you like to go to Oprah?"

Talk about brightening my day! A long time fan of the queen of tabloid talk turned inspirational leader, I admire her mission: Live your best life.

Vancouver would be one of three stops on her Canadian tour (along with Edmonton and Calgary) and a certain airline was offering preferred customers advanced tickets. I knew there was a reason I was racking up points on my Westjet MasterCard.

I scooped up the maximum eight I was entitled to purchase. The enterprise that is Oprah is awe-inspiring; the opportunity to see her begs to be shared.

A group of us gals from Ladies On Literature had a blast eating, drinking, talking and shopping, and even a little running on the seawall.

No one really knew what she was in for. It's not like Oprah had an itinerary, guest stars, or even prize giveaways (that was a little disappointing). What would the wonder woman say that she hadn't said before and how could she sell out 16,000 tickets saying it?

Much of it was the same, just newly packaged but like

Maclean's magazine said, "If you belong to the church of Oprah" you understand that you've been called and you can't help but be inspired.

No matter your opinion on the greatest black philanthropist, media mogul, and modern day mama prophet, you have to admire the woman who rose from a dirt poor, deeply dysfunctional family in rural Mississippi to become the popular billionaire she is today.

Her relaxed demeanor and self-effacing sense of humor made the audience feel comfortable, like they were having tea in her living room, while her fascinating stories of her childhood and hopeful message offered up with brilliant oratorical delivery, left us spellbound.

As I enter middle age and my son prepares to leave for university while my daughter gets her "L", I ponder the new paths my life will take as my children embark upon their own. I appreciate what Ms. Winfrey said about the growth that comes with change:

"Everything is happening to grow you to what you're supposed to be"... "Everyday you get to paint on the canvas that is your life—keep defining and building and evolving you."

And of course: Embrace your age. Be grateful for another year of life. Just days short of her 59th birthday, she insisted, "You deny yourself and your own spirit when you lower your age." That had the

crowd cheering—and singing her Happy Birthday. As the song resonated through the stadium, Ms. Winfrey bowed and smiled—No one, no crowd had ever done that for her before.

But don't just take it from me. I asked a few of my friends to share what was most special for them.

Cara McMillan On Oprah Winfrey

She reminded us that to find true happiness one must identify what they are passionate about and use their passion to be of service to others. I've since committed to taking the time to figure out what excites me and I have Oprah to thank for helping me to establish the path I'm choosing to follow in my work.

She also taught the importance of having a healthy mind, body and spirit. I'm still a work in progress in that area and probably always will be.

Since reaching my late forties, I have found myself longing for female companionship. It's like medicine for the mind. So here's to Oprah for getting us gals together and for all that she's taught the world!

Laura Gosset on Oprah Winfrey

She ascended from poverty and turned away from the sensationalist tabloid talk show format right at the height of its popularity. For these reasons, I admire her immensely.

Stevie Wonder called asking her to donate to his charity and she didn't want to. Who says no to Stevie Wonder? She had charitable causes of her own but she said something like, "Pleasing people used to control my life. I was a slave to what I thought everybody else wanted me to do."

When she turned him down, Stevie replied, "Okay." Ah-ha! It's alright to say no. Much of the negative response we anticipate when that word leaves our lips is all in our heads.

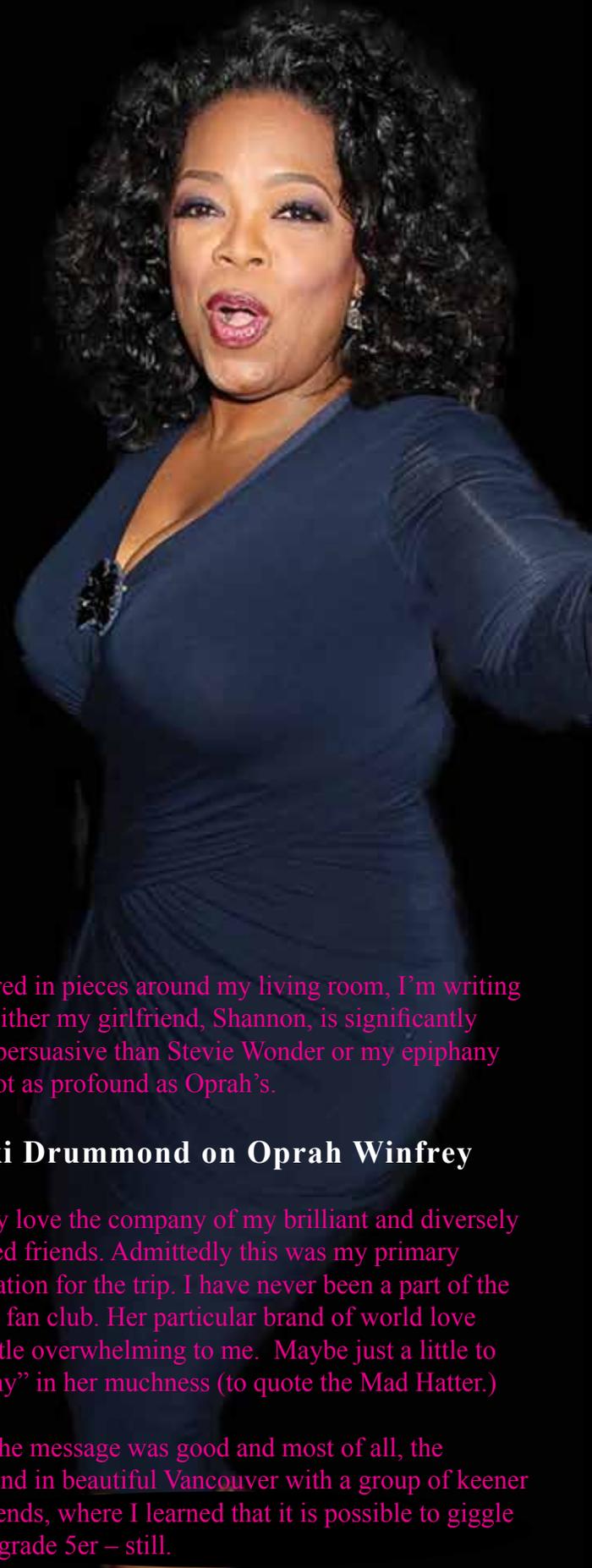
Of course, right now I should be packing for my European bike trip. Instead, with my equipment

scattered in pieces around my living room, I'm writing this. Either my girlfriend, Shannon, is significantly more persuasive than Stevie Wonder or my epiphany was not as profound as Oprah's.

Vikki Drummond on Oprah Winfrey

I really love the company of my brilliant and diversely talented friends. Admittedly this was my primary motivation for the trip. I have never been a part of the Oprah fan club. Her particular brand of world love is a little overwhelming to me. Maybe just a little to "muchy" in her muchness (to quote the Mad Hatter.)

Still, the message was good and most of all, the weekend in beautiful Vancouver with a group of keener girlfriends, where I learned that it is possible to giggle like a grade 5er – still.



Nice weather means it's time to fire up the grill. To enjoy dining al fresco any time, make your kitchen grill-ready with essentials for your pantry, fridge and freezer.

Stock up now on fresh meats and produce, as well as cool drinks and frozen treats to keep you outside and grilling all season long. The best part? Your backyard barbecue doesn't have to be expensive. Here's some tips:

- Create a sophisticated summer dinner in no time by placing raw salmon, fresh lemon slices and a mix of chopped tomatoes, garlic, basil and red onion on a piece of aluminum foil; seal it to create a packet and throw it on the grill.
- Use a teriyaki marinade to add a kick to your chicken breasts and step up your grilling game with bacon-wrapped beef filets or marinated pork loin.
- Put a spin on the classic burger with Alaskan salmon or ground turkey patties.

With these simple tips and recipes, you'll be ready to show off your grilling expertise at any time.

Visit www.aldi.us for more ideas.



Grilled Avocados with Vegetable Relish

Recipe courtesy of Chef Kates, ALDI Test Kitchen

Prep time: 20 minutes
Cook time: 10 minutes
Serves: 8

- 1 lemon, juiced (about 2 tablespoons)**
- 1/4 cup extra virgin olive oil, divided**
- 1/2 teaspoon iodized salt, divided**
- 1/2 teaspoon ground black pepper, divided**
- 4 avocados**
- 2 Roma tomatoes, halved and seeded**
- 1/2 red bell pepper, halved and seeded**
- 1/2 green bell pepper, halved and seeded**
- 1/2 yellow onion, peeled and quartered**
- Crushed red pepper, to taste**
- 1/3 cup feta cheese crumbles**

Preheat grill or grill pan on medium-high.

In small bowl, combine lemon juice, 2 tablespoons olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper. Slice avocados in half, and remove pits, leaving skin intact. Brush lemon juice mixture onto flesh and skin side of each avocado, to prevent sticking on grill. In small bowl, toss tomatoes, bell peppers and onions with 1/4 teaspoon salt, 1/4 teaspoon pepper and remaining 2 tablespoons olive oil. Grill avocados flesh side down, 1 to 2 minutes until dark grill marks form. Flip and continue cooking for 1 to 2 minutes more. Grill remaining vegetables for 3 to 4 minutes on each side, or until charred and tender. Place avocado halves on serving plate.

Transfer remaining vegetables to food processor. Add crushed red pepper. Pulse gently to form chunky relish. Top each avocado half with vegetable relish, sprinkle with feta cheese. Drizzle with remaining lemon juice mixture.



Italian Summer Kabobs

Recipe Courtesy of Chef Stacey, ALDI Test Kitchen

Prep time: 25 minutes
Cook time: 5 minutes
Serves: 20

- 2 onions, cut into eighths**
- 1/4 cup Italian dressing**
- 14 ounces Italian with sundried tomato sausages, cut into 1" sections**
- 8 ounces fresh mozzarella, diced into 20 pieces**
- 20 large toothpicks or small skewers**

Marinate onion petals in dressing for 20 minutes. Skewer 2 onion petals and a sausage onto toothpick. Grill until sausage reaches 165° (approximately 5 minutes). Add a chunk of mozzarella to each skewer; serve.

Grilling on a Stick

Switch up the usual cookout by hosting a summer kabob party. Put together an affordable spread that includes spearing cherry tomatoes, fresh mozzarella and red onion drizzled with balsamic vinegar as an appetizer and chicken or sausage, bell pepper, zucchini and mushrooms for a main course. Even dessert comes on a stick with blueberries, marshmallows, fresh strawberries and a chocolate sauce for dipping.





Hawaiian Turkey Burger

Recipe courtesy of Chef Alyssa, ALDI Test Kitchen

Prep time: 15 minutes

Cook time: 15 minutes

Makes 4 burgers

- 1 egg
- 1 pound ground turkey or ground chicken
- 1/4 cup old fashioned oats
- 1 tablespoon crushed red pepper
- 2 tablespoons parsley flakes
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 clove of garlic, minced
- 1/2 cup red pepper, minced
- 1/4 cup mayonnaise
- 1/4 cup BBQ sauce
- 1 tablespoon vegetable oil
- 1 pineapple, peeled, cored and cut into 1/2-inch rings
- 1 red onion, peeled and cut into 1/2-inch rings
- 1 green pepper, cored and cut into 1/2-inch rings
- 4 hamburger buns
- 4 slices pepper Jack sliced cheese

Beat egg in a bowl. Add ground turkey or chicken, oats, crushed red pepper, parsley, salt, pepper, minced garlic and minced red pepper.

Mix together until incorporated. Divide into 4 even patties, flatten and let sit in the fridge for 5 minutes.

Mix together mayonnaise and BBQ sauce. Set aside.

Heat grill to medium/high temperature. Place patties on the grill and cook for 5 to 7 minutes each side until desired doneness.

Brush oil on slices of pineapple, onion and green pepper, then grill 2 to 3 minutes on each side.

Lightly grill the bun and set aside. Spread both sides of the bun with the mayonnaise BBQ sauce.

When burger is almost finished cooking, place 1 slice of cheese on each patty and continue to grill until melted.

To assemble the burger, layer the bottom of the bun with the patty with cheese, pineapple, onion, green pepper and top half of bun.

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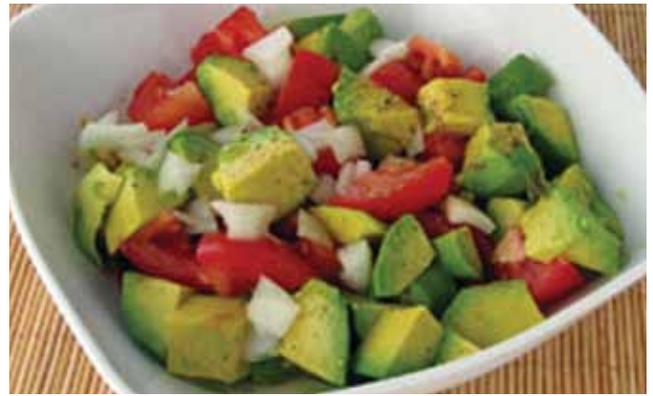
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AVOCADO SALAD

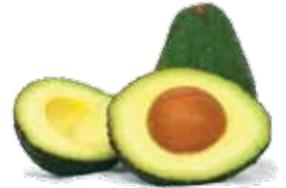


Perfect salad for summer.

Serves 2

Ingredients:

- 2 avocado
- 2 tomatoes
- 1 cup strawberries
- 1/4 cup finely chopped red onion
- Salt and pepper
- Optional 1 mango



Directions:

Dice avocado, tomatoes, strawberries into sugar cube size pieces.

Add the onions, salt and pepper and mix ingredients.

Enjoy!

Many thanks to Don and Jarka, who practice the Yuen Method at Moon Goddess Gifts & Gems in Armstrong, for submitting this recipe.



Okanagan Martini
a wonderful summer sipper

The perfect way to enjoy a hot
Okanagan summer's day!

- 1oz Raspberry Liqueur
- 2oz Okanagan Spirits Vodka
- 2oz Unsweetened Pineapple Juice.

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APPLE GINGER TORTE



with Cashew Cream

The cashew cream and apple torte stores well for 5 days

CRUST:

1 ½ cups almonds
1 cup dates soaked in a 1/4 cup water

Preparation

Chop nuts in food processor until nuts are the size of rice kernels. Squeeze excess moisture from the softened dates. And cut into smaller pieces before you add them to the food processor. Process until sticky dough forms. Add a little more water if needed. Firmly Press in 9" round spring-form pan or square bar pan

FILLING::

5 Organic gala apples, cored, leave peel on.
1 tbsp lemon juice
½ cup chopped unsulphured dried ginger. Soaked and rinsed to eliminate the sugar
2 tbsp honey or maple syrup (optional)
1 tsp cinnamon
1-2 tbsp psyllium powder (depending on the juiciness of the apples)

Preparation

Chop apples in small pieces in food processor or by hand. Don't let the apple pieces become all mushy. Add honey and ginger and blend by hand. Mix in the psyllium powder. Pour contents into pie crust and gently smooth and press down. Decorate with slivered almonds and more ginger slices. You can place this raw torte in a warming oven for an hour and serve warm-ish.

CASHEW CREAM ;

½ cup filtered water
1 cup cashews
2 oranges; juiced.
2 tbsp honey
2 tbsp melted coconut oil



Preparation

Soak cashews in orange juice for 4 hours. Blend in high speed blender until smooth. Refrigeration will set the coconut oil and thicken the cream.

Recipe courtesy Afke's Foods Alive

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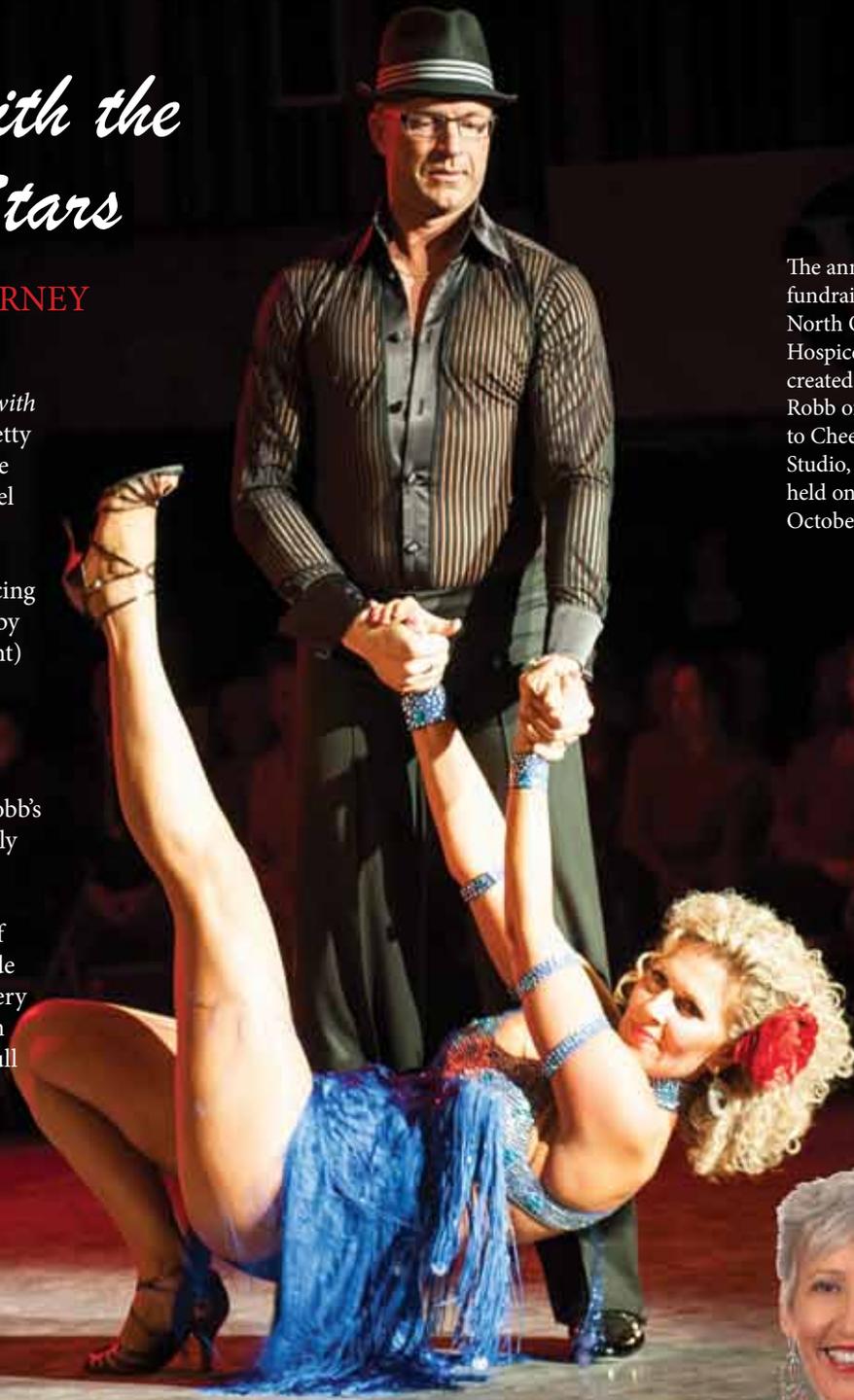
Dancing with the Vernon Stars

ENJOY THE JOURNEY

This year's contestants in *Dancing with the Vernon Stars* will have some pretty big dance shoes to fill. Last year the event was won by Galina and Daniel Labun.

The competitors are already practicing and being put through their paces by instructors Lorna Robb (below right) and Tracy Kaye Holly (below left).

This year's theme of *Dancing with The Vernon Stars*, "ENJOY THE JOURNEY," encompasses Lorna Robb's philosophy. "This message was really brought home to me in the 2 years since my Dad died in the hospice house where the value of the end of the journey was personified. It made me realize the value of enjoying every part of our individual journey. I am lucky to be in a profession that is full of joy and I want to share that."



The annual gala fundraiser for the North Okanagan Hospice Society, created by Lorna Robb of Cheek to Cheek Dance Studio, will be held on Friday October 4th.



MEET THE INSTRUCTORS:

Lorna Robb is passionate about the enjoyment and art of dance and loves to share the gift of dance with her students. Winner of many professional dance competitions and a professional choreographer, Lorna says, "Dance offers people a chance to exercise more than their hearts; dance also provides an outlet to express laughter, creativity and fun. Dance develops confidence, social ease, friendships and a sense of achievement."

Tracy Kaye Holly earned a teaching degree in Ballroom and Latin Dancing at Dance City Studios in Vancouver Her extensive and eclectic dance training led to a successful career to compete professionally for Canada. Tracy has many National and International championship titles in several category styles including International Standard and Latin, American Smooth and Rhythm, Theatre Arts, Cabaret and Disco. For the last 7 months Tracy has been teaching at Cheek to Cheek Dance Studio





Barb & Phil Levesque



Ruth Hoyte & Eric Foster



Shelagh & Tim Green



Colleen & Brent Barker



Vicki Eide & Andrew Kern



Gerhard & Connie Traxel

MEET THE CONTESTANTS

Clockwise starting at top left:

Barb and Phil Levesque JOHN HOWARD SOCIETY
Ruth Hoyte A.E.BERRY INSURANCE & Eric Foster MLA VERNON-MONASHEE
Shelagh and Tim Green RBC ROYAL BANK MORTGAGE SPECIALIST
Connie and Gerhard Traxel ESTHETICS ON THE GO / G&R DECORATORS (1989) LTD
Vicki Eide DEAN'S TAILORSHOP & Andrew Kern KERN & COMPANY LAW FIRM
Colleen and Brent Barker FRASER FINANCIAL GROUP

Pics missing:

Deb Leroux DEB LEROUX UNITING PROJECTS AND CAPITAL & Kevin Kienlein DOUBLE LUNG-HEART
TRANSPLANT RECIPIENT AND MOTIVATIONAL SPEAKER
Audrey Sutton and Doug Fairweather OKANAGAN VALLEY COLLEGE OF MASSAGE THERAPY



lorna@dancecheektocheek.com



All photos: Digital Dean

How the **Life After Laundry Ladies Club** is bringing a film premiere to **Lake Country**

Melanie Fulks-Kraus never dreamed that the charity she founded would be hosting a film premiere. Yet on June 29, 2013 the "Life after Laundry" Ladies CLUB will present the Canadian premiere of *The Power of Three* – a feel good movie that celebrates the strength, hope and perseverance of the older woman.

The idea for the "Life after Laundry" Ladies CLUB came from necessity. How could a busy student, employee, wife and mother like Melanie give back to her community without sacrificing all her free time? She came to Lake Country after living in Prince George, the Coast and Dubai. Lake Country was beautiful but rural life could be isolating—especially for women. Could good works be combined with having fun and restoring a sense of community?

"My idea was that women with very little free time can achieve more by doing less," says Melanie. "Staying closer to home, incorporating kids into some of this and really learning about empathy and community. We want to teach our kids what a community is and remind women what a community is. It's time to learn and do the little bit that we can whether it's helping out for an hour somewhere or dropping food off at the food bank with your kids."

The LALLC organized its first event in January combining a "meet and greet" with a modest fundraiser. The event surpassed all expectations. Over 200 attendees showed up and over \$4000 was raised. Melanie was "beyond amazed" by the enthusiasm. Lake Country women, young and old, were eager to participate. The "Life after Laundry" Ladies Club was up and running. What next?

A new arrival to Lake Country read about the "Life after Laundry" Ladies CLUB in a local newspaper. Ann Cameron had written and produced a film in England: *The Power of Three*

starring Toyah Willcox (UK) Brümilda Van Rensburg (South Africa) and Robin Craig (Canada).

The movie is a feel good comedy about three former school friends who—separated by time and distance—reunite in London for a 50th birthday party. Life hasn't turned out exactly to plan for any of them: one failed marriage, an empty nest, stalled careers. But everything changes for the better when the women team up and make a fresh start for themselves and then for everyone around them.

The Power of Three was an audience favourite at film festivals around the world including the Toronto Indie Film Festival and the Women's International Film Festival. It had successful premieres in the UK and South Africa.

In 2012 Ann and her English partners were about to choose a location for the Canadian premiere. Vancouver or Toronto? But fate intervened. A car struck Ann while she was walking in Vancouver. Six broken ribs and a broken knee meant a lengthy recuperation at her father's home in Oyama, B.C.

During her recovery, Ann was touched by the compassion of many Lake Country women who helped care for her and her elderly father. These women had their own struggles and challenges. Even so, the movie's themes had a special emotional resonance for them. The film was about second chances, not giving up on your dreams and the power of working together.

So why not a shout out to these quietly heroic women? A night of glitz and glamour—not in Vancouver or Toronto—but in Lake Country?



The proceeds would go to the Lake Country community through the LALLC. The movie's themes and the LALLC philosophy were similar: like the LALLC, *The Power of Three* had begun as a small project that surpassed all expectations. It involved, both onscreen and off, people of all ages working together for a common goal. Making the movie had been suspenseful but rewarding and, yes, a lot of fun.

Melanie and Ann met for coffee and the premiere idea clicked. The Creekside Theatre came on board and will be the venue for the gala evening. One of the leading actors, Robin Craig (a former Oyama native herself) has agreed to fly out from Toronto. The dress code is optional: dressy, demure or outrageous. There will be a wine and dessert bar and more (still in the works).



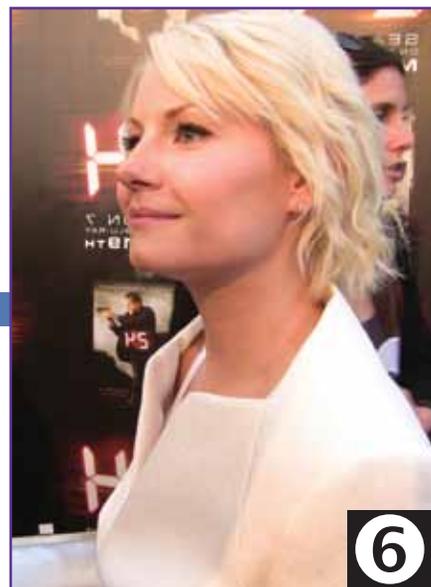
For ticket information contact:
<http://creeksidetheatre.com>

Find us on Facebook at:
www.facebook.com/LifeAfterLaundryLadiesClub

www.facebook.com/Power-of-Three

Who's That Girl?

Quiz: How many of these famous women can you name?
Answers on page 38



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Who's That Girl?

Quiz: ANSWERS

1. Ellen Page, is a Canadian actress, who started out with roles in the television shows Pit Pony, Trailer Park Boys, and ReGenesis. She received Best Actress nominations for her performance in Juno.
2. Rachel McAdams is a Canadian actress who found fame in 2004, starring in the teen comedy Mean Girls and the romantic drama The Notebook.
3. Kristin Booth is a Canadian actress who starred in a number of TV movies, including A Mother's Fight for Justice (2001) starring Meredith Baxter, Two Against Time (2002) starring Marlo Thomas, and Salem Witch Trials (2002) starring Kirstie Alley.
4. Sandra Oh is a Canadian actress. She is best known for the role of Dr. Cristina Yang on Grey's Anatomy.
5. Tantoo Cardinal a Canadian born actress who has played roles in many notable films and television series, including Spirit Bay, Dances with Wolves, Black Robe, Legends of the Fall, Smoke Signals and North of 60.
6. Elisha Cuthbert is a Canadian film and television actress. Cuthbert began her career as the co-host of the Canadian children's television series Popular Mechanics for Kids
7. Anna Paquin is a Canadian-born New Zealand film, television and theatre actress. Paquin's first critically successful film was The Piano, for which she won the Academy Award for Best Actress in a Supporting Role.
8. Carrie-Anne Moss is a Canadian actress, best known for her role of Trinity in The Matrix trilogy. She has had other notable roles in Memento, Chocolat, and Unthinkable.
9. Shannon Lee Tweed is a Canadian actress and model. One of the most successful actresses of mainstream erotica, she is identified with the genre of the erotic thriller. Tweed lives with her husband Gene Simmons, of the band Kiss, and their two children.

Source: Internet



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